



Hunger and Weight Management

The ability (and inability) to maintain a healthy weight is influenced by both biological and environmental factors. Imagine that you are a dietician working with Mary and Larry, a middle-aged couple who would like to eat healthier and obtain a healthier body weight.



Biological Factors- What would you tell Mary and Larry about the role of each of the following in determining their eating habits and body weight?

- Glucose:
- Insulin:
- Leptin:
- Orexin:
- Ventromedial Hypothalamus:
- Lateral Hypothalamus:
- Set Point Theory & Basal metabolic rate:
- Heredity:

Environmental Factors: What would you tell Mary and Larry about the role of each of the following in determining their eating habits and body weight? For each, give a specific example of how eating habits could have been shaped.

- Reinforcement/Incentives:
- Modeling:
- Cultural Factors:

Eating Disorders: You've decided that it is important for Mary and Larry to have some basic understanding of eating disorders. How would you explain the difference between anorexia nervosa and bulimia nervosa to them?

Give Some Advice: Connecting to both biological and environmental mechanisms, and keeping in mind issues specific to gender and age, make a list of practical advice for Mary and Larry to make healthier choices and manage their weight.

1.

2.

3.

4.

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Summary of Hunger Motivation

